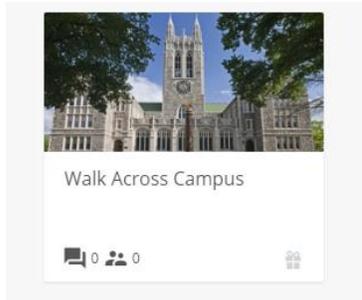


Joining a team

To join a team, follow the instructions below. These include **sample** screen shots which may look slightly different from those in the final BC Walk Across Campus challenge.

1. On your Limeade home page, find the **Walk Across Campus** activity tile and click on it.



2. Click on **GET STARTED** at the bottom of the section.

Walk Across Campus

To complete this team challenge, collectively walk at least 6,100,000 steps.
Reward: To be awarded at closing celebration
Team Size: 10-20

About this activity
*the numeric goal above is based on 10,000 steps per person per day over the course of the 61 day challenge, for a team of ten. If your team is larger than ten employees, great! Your goal should increase by 610,000 steps per person, as the American Heart Association recommends walking 10,000 steps per day.

This activity can be tracked by a device. EDIT

More information
Over the last several years, the Walk Across Campus challenge has successfully promoted friendly competition while building solid camaraderie amongst

Set your default privacy settings for this activity. You can always change it from the tracking section. EVERYONE

GET STARTED >

3. To join a team, click on **FIND A TEAM**

Walk Across Campus

To complete this team challenge, collectively walk at least 6,100,000 steps.
Reward: To be awarded at closing celebration
Team Size: 10-20

< BACK



ARE YOU READY?
Let's get started!

FIND A TEAM

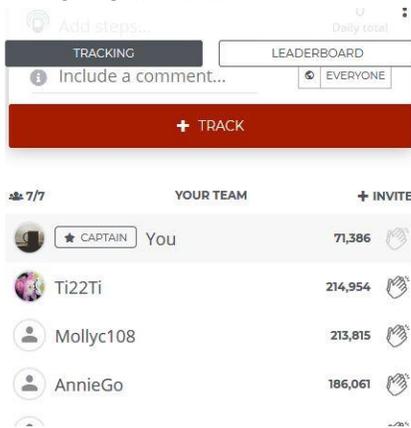
CREATE A NEW TEAM

4. As of 3/11, Team Leaders will begin building teams. On or after that date, you'll see the list of BC teams that are available to join (please note that teams already at capacity won't show up in the list). Select a team from the list.



5. You are all set! You can check the Leaderboard and view team members once they join your team. To use an app or device to track your steps, please see the **HOW TO CONNECT AN APP OR DEVICE TO YOUR HARVARD PILGRIM WELLNESS ACCOUNT** instructions.

- a. The below is a sample shot of a team leaderboard. Your team leader will have the designation of "CAPTAIN."



6. After joining your team, click on the **"Walk 5300 steps"** activity tile on your Limeade home page. This is an incentive for you to sync/log daily steps during each week of the challenge.

- a. You can view your progress toward this goal in the "Level 1 status box" on your dashboard. Achieving at least 320,000 total steps over the course of the challenge will qualify you for a participation gift (distributed at the closing celebration in June).
 - b. Below are sample shots of the **Walk 5300 steps** activity tile, the "Level 1 status box" and the Download the Mobile app tile to assist those who wish to track progress via their smart phones.

